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DOH-COLLIER REMINDS RESIDENTS AND VISITORS, “IT’S TIME TO GET YOUR FLU SHOT”

Vaccine Before Halloween



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Naples, Fla. — The Florida Department of Health in Collier County (DOH-Collier) is reminding residents and visitors that it is time to get their flu shot. It is imperative for individuals to get vaccinated as soon as possible before the peak of flu activity.

The flu vaccine is safe and continues to be the best way to protect yourself and your loved ones from the flu. To locate a flu shot near you, contact your health care provider or use the Department’s flu shot locator: www.flhealth.gov/findaflushot.

The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get the flu vaccine. Last year’s vaccine may not protect you against this year’s flu, as the strains may change year to year. It is important to continue to get the flu vaccine every year. While the flu vaccine is not perfect, it has been proven to reduce the severity of flu symptoms, decreasing the risk of hospitalizations from the flu. It is also important to get the flu shot to protect our most vulnerable populations who are at a higher risk of flu-related complications. Populations more vulnerable to the flu include children under 5, adults over the age of 65, and individuals with weakened immune systems or chronic illnesses such as diabetes or respiratory issues.

DOH-Collier offers flu vaccines at no cost for children 6 months through 18 years of age with no appointment necessary at our Naples and Immokalee sites. Adult flu vaccines are also available by appointment at both sites. If you have any questions call the immunization clinic in Naples (239) 252-8595 or the immunization clinic in Immokalee (239) 252-7300.

In addition to getting the flu vaccine, DOH-Collier recommends taking these everyday precautions to avoid catching or spreading the flu:

- Wash your hands often with soap and water. If soap is not available, use an alcohol-based hand sanitizer.
- Avoid touching your mouth, nose, and eyes.
- Disinfect surfaces and objects that may have been contaminated.
- Avoid close contact with individuals who are sick.
- Cough or sneeze into your shirt sleeve, elbow or tissue. Throw tissues away immediately after use.
- Stay home if you do get sick until you are fever-free for at least 24 hours without the use of fever-reducing medication.

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